



January Breakfast Menu

BISHOP JOHN WALKER SCHOOL BREAKFAST

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!

 = vegetarian entree

All grains served are whole grain rich

Student's choice of skim or 1% milk provided at every meal.


Menu subject to change based on availability

This institution is an equal opportunity provider

FRESH FEATURE

We're celebrating the cold weather with our **NEW** apple cinnamon bread! A cozy take on our delicious breakfast bread!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 no school	2 <ul style="list-style-type: none"> blueberry chex graham crackers cinnamon applesauce 100% orange juice 	3 <ul style="list-style-type: none"> cinnamon chex cereal graham crackers fresh orange 	4 <ul style="list-style-type: none"> pineapple carrot bread cheese stick fresh banana 100% orange juice 	5 <ul style="list-style-type: none"> whole grain bagel light cream cheese jelly fresh cantaloupe
8 <ul style="list-style-type: none"> whole grain bagel light cream cheese jelly fresh apple 	9 <ul style="list-style-type: none"> nonfat yogurt whole grain granola fresh pear 	10 <ul style="list-style-type: none"> banana bread fresh orange 	11 <ul style="list-style-type: none"> apple pie parfait whole grain granola fresh banana 	12 <ul style="list-style-type: none"> honey cheerios graham crackers fresh cantaloupe
15 no school	16 no school snow day	17 <ul style="list-style-type: none"> whole grain frosted mini-wheats cereal cheese stick fresh orange 	18 <ul style="list-style-type: none"> apple cinnamon bread fresh banana 100% orange juice 	19 no school
22 <ul style="list-style-type: none"> whole grain bagel light cream cheese jelly fresh apple 	23 <ul style="list-style-type: none"> nonfat yogurt whole grain granola graham crackers fresh pear 	24 <ul style="list-style-type: none"> frosted flakes cereal whole grain granola fresh orange 	25 <ul style="list-style-type: none"> banana bread fresh banana 100% orange juice 	26 no school
29 <ul style="list-style-type: none"> nonfat yogurt whole grain granola fresh apple 	30 <ul style="list-style-type: none"> whole grain bagel light cream cheese jelly fresh pear 	31 <ul style="list-style-type: none"> pineapple carrot bread cheese stick fresh orange 	2/1 <ul style="list-style-type: none"> cinnamon chex cereal graham crackers fresh banana 100% orange juice 	2/2 <ul style="list-style-type: none"> whole grain bagel light cream cheese jelly fresh cantaloupe



January Lunch Menu

BISHOP JOHN WALKER SCHOOL LUNCH

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!

= vegetarian entree

All grains served are whole grain rich

Student's choice of skim or 1% milk provided at every meal.

Menu subject to change based on availability

This institution is an equal opportunity provider

HAVE YOU TRIED OUR CRISPY FISH SANDWICH OR FISH STICKS?

If so, you are eating a TON of omega-3 fatty acids which help your brain develop, hair grow, and skin + nails shine!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 no school	2 <ul style="list-style-type: none"> turkey meatballs & tomato sauce tofu bolognese whole grain spaghetti mixed greens salad cucumber coins ranch dressing orange wedges 	3 <ul style="list-style-type: none"> chicken & cheese quesadilla cheese quesadilla corn tortilla chips chili black beans steamed corn sour cream fresh banana 	4 <ul style="list-style-type: none"> beef sheperd's pie lentil sheperd's pie whole grain biscuit mashed potatoes steamed carrots cantaloupe 	5 <ul style="list-style-type: none"> chicken yassa veggie chik'n nuggets jollof rice honey cinnamon sweet potatoes efo spinach fresh apple
8 <ul style="list-style-type: none"> turkey & bean chili veg out chili whole grain tortilla chips steamed corn red pepper strips ranch dressing fresh pear 	9 <ul style="list-style-type: none"> cheese pizza baby spinach salad baby carrots honey mustard dressing orange wedges 	10 <ul style="list-style-type: none"> crispy chicken tender veggie chik'n nuggets whole grain waffles braised collard greens sweet potato hash ketchup all-natural syrup fresh banana 	11 <ul style="list-style-type: none"> beef burger veggie burger whole grain bun roasted carrots baked potato fries ketchup & mustard cantaloupe 	12 <ul style="list-style-type: none"> jamaican jerk chicken drum jamaican jerk tofu yellow rice red beans sauteed cabbage fresh apple
15 no school	16 no school snow day	17 <ul style="list-style-type: none"> all beef hot dog veggie burger whole grain bun chipotle pinto beans steamed corn ketchup & mustard fresh banana 	18 <ul style="list-style-type: none"> pulled bbq chicken bbq tofu whole grain bun coleslaw herb roasted sweet potatoes cantaloupe 	19 no school
22 <ul style="list-style-type: none"> turkey ham & cheddar melt grilled cheese glazed carrots black eyed peas fresh pear 	23 <ul style="list-style-type: none"> crispy fish sandwich sunbutter & jelly sandwich sauteed green beans potato salad hot sauce orange wedges 	24 <ul style="list-style-type: none"> herb roasted chicken drum veggie chik'n nuggets ketchup mac & cheese cinnamon roasted butternut squash braised collard greens fresh banana 	25 <ul style="list-style-type: none"> cheese pizza roasted cauliflower steamed green peas cantaloupe 	26 no school
29 <ul style="list-style-type: none"> baked fish sticks hot sauce whole grain roll sunbutter & jelly sandwich sauteed green beans steamed corn fresh pear 	30 <ul style="list-style-type: none"> turkey meatballs & tomato sauce tofu bolognese whole grain spaghetti mixed greens salad cucumber coins ranch dressing orange wedges 	31 <ul style="list-style-type: none"> chicken & cheese quesadilla cheese quesadilla corn tortilla chips chili black beans roasted tomato salsa sour cream fresh banana 	2/1 <ul style="list-style-type: none"> beef sheperd's pie lentil sheperd's pie whole grain biscuit mashed potatoes steamed carrots cantaloupe 	2/2 <ul style="list-style-type: none"> chicken yassa veggie chik'n nuggets jollof rice honey cinnamon sweet potatoes efo spinach fresh apple